



# Costa Rica

**Traveler: Lisa Ba X2**

Date In: 16 Jan 26

Date Out: 23 Jan 26

Founded by two young professionals in 2008, **Green World Adventures** principal goal is to promote Costa Rica as an authentic destination, full of culture, traditions nature and lovely people. Travelers have repeatedly provided the following reason as to why Green World Adventures was their **best tour operator option in Costa Rica**: Sustainability, trust and transparency, prompt replies, care of the clientele from beginning to end of the and even beyond the trip and passion for Costa Rica.



## DETAILS OF YOUR TRIP

Traveler Name	Lisa Ba X2
Arrival date	16 Jan 26
Departure date	23 Jan 26
Number of participants	2 adults
Quotation reference	BKFI107900

## DESTINATIONS

San Jose, The Capital
Arenal Volcano
Monteverde Cloud Forest
Manuel Antonio Beach



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## DETAILED ITINERARY

Day 1, 16 Jan 26



Private Transfer IN from Airport to Hotel in SJO (**Subject to flight information / Duration: 30 minutes in regular conditions**)

We're so happy you've chosen our country for your adventure. You've arrived in a land full of nature, culture, and Pura Vida, where every moment can become an unforgettable experience.

When you arrive at Juan Santamaría International Airport, our professional driver will be waiting for you with a sign displaying your name, making it easy to find us. They will assist you with your luggage and take you comfortably to your hotel in San José. This private service is designed to ensure a smooth journey and a warm welcome to our beautiful country. The drive typically takes between 25 and 45 minutes, depending on traffic.

If you don't see your driver upon exiting the airport, don't worry—please wait a moment and call the agency's emergency number. **Please, do not go with another driver**, your safety is our top priority!



### San Jose

Elevation	1,169 m / 3,835 f	Temperature	24 C / 75 F
-----------	-------------------	-------------	-------------

Costa Rica's capital and the **largest city in the country**, San Jose is considered to be among the most cosmopolitan cities in Latin America. Downtown San Jose is the busiest part of town. A maze of streets and avenues, here you can find most of the city's museums as well as several hotels and plazas. In the center of the city, several attractions can be found, such as the **National Theater, the National Museum, and the Jade Museum**. Also, several parks like **Plaza de La Cultura and Parque Morazan** are interesting places to visit. In San Jose exist a wide variety for gastronomic, each corner of the city has great restaurants or the famous **Barrio Escalante**, a gastronomic center where high-quality food is offered. But for more local and typical food the central market offers tasty food.



D Sabana Hotel / Standard Room / Breakfast included

In: 16 Jan 2026 Out: 17 Jan 2026 (1 Night)



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 2, 17 Jan 26

 Private Transfer from San Jose to Arenal (**Pick up time: You can decide it / Duration: 3 hours in regular conditions**)



### Arenal Volcano

Elevation	258 m / 845 f	Temperature	28 C / 82 F
-----------	---------------	-------------	-------------

La Fortuna is home to the greater Arenal recreation area, the entire region is paradise on Earth for **outdoor adventurers**. Volcanic views grace the landscape and heat several **geothermal hot springs**. A lake and rivers beckon you toward **aquatic adventure**. Refreshing **waterfalls** reward you after **hikes**, offering crisp pools and spectacular views.

Arenal Volcano is one of **Costa Rica's most notable natural features**. Standing at 5,437 feet (1,657 meters), this volcano has been resting (i.e. not active) since 2010. However, it is no less majestic to behold, as it's practically a behemoth against the region's perfect skies. **Rising above the rainforest** that surrounds its base, Arenal Volcano frames the skyline with near-perfect **symmetry**.



 Los Lagos Hotel Spa & Resort / Superior Room / Breakfast included  
In: 17 Jan 2026 Out: 19 Jan 2026 (2 Nights)

Day 3, 18 Jan 26



Combo: Hanging Bridges, Volcano Walk, La Fortuna Waterfall / Transportation, water, snacks and Lunch included (**Pick up from 7 to 8 am / Duration: 7 hours In regular conditions**)

Start your day as you walk across the **Arenal Hanging Bridges** and see the jungle from high above the forest floor. These trails bring you as close as you would ever hope to see the rainforest and its inhabitants, as well as give you access to see **stunning views of the rainforest and mountains**.

After your adventure on the hanging bridges, you will head to the **Arenal Volcano National Park**. The trails are generally flat and not very strenuous, perfect for a **leisurely and informative guided walk**. Enjoy a delicious **lunch** at this point. Then, you will finish the day at the stunning **La Fortuna Waterfall**. When you reach the entrance, you will have time to change into your bathing suit in case you want to cool off in the **cool pools that flow from the waterfall**. This is sure to be a good workout as there are 500 steps to get to the down to the waterfall, and 300 to get back up! When you reach the bottom, you'll have an opportunity to take lots of pictures and **swim in the cool waters** of one of the largest and most breathtaking waterfalls in Arenal!



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 4, 19 Jan 26

 Private Transportation from Arenal to Monteverde (Land) (**Pick up time: You can decide it / Duration: 2.5 hours in regular conditions**)



### Monteverde

Elevation	1,543 m / 5,060 f	Temperature	22 C / 71 F
-----------	-------------------	-------------	-------------

Home to cool, **misty cloud forests**, and deep **green foliage almost everywhere** you look, there's no mistaking that you've stepped away from everyday life. If **spending time in nature** is at the top of your travel to-do list, then you'll get your **fill of adventure** in this part of Costa Rica's Central Highlands. From **zip-lining** across a canopy to tours of **coffee plantations**, there are **plenty of activities** to keep you moving in the fresh air. Monteverde is translated as "green mountain", and once you've reached the mountaintop, you'll first come upon the quaint town of **Santa Elena**. Here you'll find gift stores, accommodations, a bus stop, restaurants, cafes, a supermarket, banks and much more. Though Monteverde proper does not have a town center, it is comprised of a dirt road that leads to the **Cloud Forest Reserve**. Spread out along this walkable road are hotels, cafes, restaurants, galleries, and **excellent views**



 Hotel Belmar / Peninsula Room / Breakfast included  
In: 19 Jan 2026 Out: 21 Jan 2026 (2 Nights)

Day 5, 20 Jan 26



Canopy Tour (Zip Line) / Transfer included (**Pick up from 7 to 8 am / Duration: 3 hours (In regular conditions)**)

The tour is located in a private reserve created in 1994. It starts with a short guided walk through the private 70-acre reserve of the **cloud forest**. The first part of the tour will take you through primary (old growth), and secondary (new growth) forest. You will **fly through the treetops** listening closely to the vast variety of birds that can be seen throughout the reserve. Then, just when you think you have become one with the canopy the tour ends with an exhilarating **rappel down** from the "Scary Tree". The tour has **10 cables, 1 rappel, 1 Tarzan swing and Holow tree climbing.**



Monteverde Cloud Forest Reserve, Guided Walking Tour / Transfer included (**Pick up from 12 md to 2 pm / Duration: 3 hours (In regular conditions)**)

The **Monteverde Cloud Forest Reserve** is the **largest** of these private **protected areas**, with over 25,730 acres (10,415 hectares) of land. More than 500 species of **orchids** cling to the limbs of enormous **trees**, while **vines, ferns, mosses** and **lichens** fill every other available space. The Cloud Forest of Monteverde house more than 130 species of **mammals**, 400 species of **birds**, including the beautiful **quetzal**, 30 species of **hummingbirds**, 5000 species of **moths** and 3000 species of **plants**.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Day 6, 21 Jan 26

 Private Transfer from Monteverde to Manuel Antonio Beach (**Pick up time: You can decide it / Duration: 3 hours in regular conditions**)



### Manuel Antonio

Elevation	20 m / 65 f	Temperature	28 C / 82 F
-----------	-------------	-------------	-------------

Manuel Antonio is home to a namesake national park **full of unspoiled beaches** and **world-class views**. Enjoy adventures as diverse as **snorkeling** and **jungle hikes**. A great destination for families, **there's something for everyone** whether you have young children or college-bound teens. See a **variety of Costa Rica's animals** when you peek into tide pools and hike through forests; experience the subtle thrill of birding when you cross a variety of species off of your 'seen' list. Accommodation choices are plentiful, with **some of the country's most inspired** lodging options to choose from. Imagine the glittering, warm sand of a **pristine beach**; shimmering blue water laps along the shoreline, as the fresh ocean breeze dances across your skin. Rediscover what it means to have free time, and then spend it with your favorite people.



 Parador Resort & Spa / Garden Room / Breakfast & Resort Fee included  
In: 21 Jan 2026 Out: 23 Jan 2026 (2 Nights)

## Day 7, 22 Jan 26



Manuel Antonio National Nature Walk / Transfer included (**Pick up from 7 to 8 am / Duration: 4 hours in regular conditions**)

The pace of this adventure is determined by the consensus of your group's abilities and interests. There is an **abundance of wildlife** you will want to stop and observe, all in its natural and **brehtaking habitat**. Watch **sloths** and numerous species of **monkeys** travel through the tree canopy as they hunt for nocturnal **silky anteaters** and several types of **non-poisonous snakes** resting in the **tropical rainforest**. Listen to the songs of the various **birds** as they glide above your group, curiously looking for adventure.

At your convenience and leisure, you can stop and enjoy some local fresh fruits and refreshments as you pause to soak in the beautiful aesthetics. Enjoy some leisure time to **swim** at the pristine water of **the virgin beaches** inside of the national park, consider **the most beautiful beaches** of Costa Rica.



## Day 8, 23 Jan 26



Private Transfer from Manuel Antonio to San Jose (**Subject to flight information / Duration: 4 hours in regular conditions**)

## PRICE

Price per person	\$ 2,955.50
<b>Total Price</b>	<b>\$ 5,911.00</b>

### General Details of the Price

Prices are per person and in U.S. dollars.

These rates apply for traveling from 16 Jan 26 to 23 Jan 26.

Valid quotation for 2 adults. If the final number of participants change, a new price will be provided.

Rates are subject to change without notice.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## INCLUSIONS

### **LODGING:**

- 1 night lodging in San Jose, The Capital. D Sabana Hotel. (Breakfast included)
- 2 nights lodging in Arenal Volcano. Los Lagos Hotel Spa & Resort. (Breakfast included)
- 2 nights lodging in Monteverde Cloud Forest. Hotel Belmar. (Breakfast included)
- 2 nights lodging in Manuel Antonio Beach. Parador Resort & Spa. (Breakfast & Resort Fee included)

### **TRANSPORTATION & GUIDE SERVICES:**

- Private Transfer IN from Airport to Hotel in SJO
- Private Transfer from San Jose to Arenal
- Private Transportation from Arenal to Monteverde (Land)
- Private Transfer from Monteverde to Manuel Antonio Beach
- Private Transfer from Manuel Antonio to San Jose

### **ACTIVITIES & MEALS:**

- Combo: Hanging Bridges, Volcano Walk, La Fortuna Waterfall (Transportation, water, snacks and Lunch included) in Arenal Volcano
- Canopy Tour (Zip Line) (Transfer included) in Monteverde Cloud Forest
- Monteverde Cloud Forest Reserve, Guided Walking Tour (Transfer included)
- Manuel Antonio National Nature Walk (Transfer included) in Manuel Antonio Beach

### **OTHER:**

- VAT
- 24/7 professional logistics support during your trip in Costa Rica.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## LODGING DETAILS

Date In: 16 Jan 26

Date Out: 17 Jan 26

### **D Sabana Hotel**

Standard Room with Breakfast included

Located just a few steps from the downtown area, **D Sabana Hotel** is an ideal choice for both business and leisure travelers. Take a stroll around the **picturesque** lake at **La Sabana Park**, located approximately one kilometer from the hotel. If you're planning a night out in the city, head just three blocks north to **Paseo Colón**, home to trendy restaurants and a vibrant nightlife. After a day of exploring the city, unwind in one of the hotel's rooms and suites, featuring amenities such as **free Wi-Fi** and a **plasma TV with HD channels**. Refresh yourself each morning under the **rain shower** before preparing a cup of coffee with the in-room coffee maker.



Date In: 17 Jan 26

Date Out: 19 Jan 26

### **Los Lagos Hotel Spa & Resort**

Superior Room with Breakfast included

This hotel is located next to **Arenal Volcano**, 6 km from La Fortuna. It offers a **natural hot spring**, outdoor adventure activities, a luxurious spa and **scenic volcano views**.

The rooms of the **Hotel Los Lagos Spa & Resort** are **spacious and comfortable** and feature scenic views. The hotel's The Las Palmas Restaurant features gourmet, tropical dishes made with local produce. You can also enjoy a cocktail at the relaxing swim-up Lemnos Wet Bar **outdoor pool**. The hotel offers many activities onsite, from canopy tours, to visits to **frog, butterfly and crocodile farms**.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

Date In: 19 Jan 26

Date Out: 21 Jan 26

## Hotel Belmar

Peninsula Room with Breakfast included

**Hotel Belmar** is located in Monteverde, Costa Rica, features a **unique restaurant** with on-site brewery and a juice bar; also it has an **organic garden** and **certification on sustainability**. It features **free WiFi** in all areas.

Each room here has **beautiful wooden decoration**, a mini-bar and a seating area. Featuring a bath or shower, private bathroom also comes with a hairdryer and **free toiletries**. Extras include an outdoor seating area, a safety deposit box and bed linen. At Hotel Belmar you will find a hot tub, a **garden** and a **terrace**. There is also a wellness center with a yoga studio and spa services. Other facilities offered at the property include a ticket service, a tour desk and luggage storage.



Date In: 21 Jan 26

Date Out: 23 Jan 26

## Parador Resort & Spa

Garden Room with Breakfast & Resort Fee included

Escape to the ultimate **Luxury Costa Rican Resort, Parador Nature Resort & Spa**, internationally recognized as one of Costa Rica's most prestigious resorts and the epitome of **"responsible luxury."** Nestled atop the scenic Punta Quepos promontory, our resort overlooks the shimmering Pacific Ocean, embraced by 12 acres of wildlife-rich tropical rainforest and the world-renowned Manuel Antonio National Park. The property hums with nature's chorus - from playful monkeys and gentle sloths to vibrant macaws, falcons, and melodic toucans. Boasting 130 rooms and suites, Parador is the only full-service resort in Manuel Antonio, offering a diverse range of accommodation options tailored to your needs.



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269

## EXCLUSIONS

Optional tours  
Departure taxes (\$29 per person)  
Meals not mentioned in the itinerary  
Airfare  
Tips  
International Travel Insurance

## TERMS & CONDITIONS

You can read all our term and conditions at our official website:  
<https://www.greenworldadventures.com/terms/>



info@gwacr.com



www.greenworldadventures.com



+(506) 2552-3269